



## Your 10 Minute a Day Exercise Guide



In an ideal world, we'd all love to exercise for the recommended 30 minutes each day. We'd also love to own a new workout outfit that makes us look both cute and fashionable for each sweat session. Dare to dream, right?

But life is busy, and making it to that 6 a.m. spin class before work isn't always a reality. Consistent exercise improves your brain function, mood and of course a few of the love handles we care to break-up with. Even if you do

not think you have the time to dedicate to a daily gym sesh, **personal trainer and exercise physiologist Franci Cohen** has put together five highly effective moves you can do when you only have 10 minutes.

"All require core and trunk stabilization as each move in itself engages other muscles groups simultaneously to achieve maximum strength and sculpting, while staying both aerobically and anaerobically active at the same time," Cohen says. "It is this juxtaposition of both strength, cardio and plyometric drills that allows you to maximize your workout and get the the most benefit in the least amount of time!"

Here's her recipe for achieving those fitness goals when time is of the essence. Perform each move, then repeat circuits one and two.

### Circuit 1

- 1 minute of burpees: Start by reaching down toward your toes, then jumping out into a plank pose. Jump your feet back up to your hands, stand up, and repeat the sequence. Add a pushup to make it more challenging!
- 1 minute of jumping jacks: You know the drill! Maintain good form, and don't forget to breathe!

### Circuit 2

- 1 minute of bear crawls: Move forward and back, across the room. This move is basically walking on your feet and hands. And trust us, it isn't easy!
- 1 minute of rolling sit-ups leading into jump shots: Lie flat on your back and inhale as you reach your hands toward the sky. Then, exhale as your roll into a "C" curve and move to your feet for the jump shot. Just pretend there's a basketball hoop in your living room!

### Circuit 3

- 2 minutes of alternating front kicks: Challenge yourself! See how high you can kick while maintaining your form.

Cohen says for a woman who weighs about 130 pounds, these high-intensity moves will burn about 150 calories. Not too shabby! After a quick stretch, you can move on with your busy day!